



What's on

Your guide to activities, clubs and events in the borough

See centre pages



Waltham Forest NEWS

Your Council keeping residents informed

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Issue 153

11 January 2016



24/7 Support

BE THE ONE

FOSTER

Up to 60% off Council Tax

Up to £445 per week

Become a WALTHAM FOREST carer

Dear Resident,

For many of us, the start of a new year brings with it an opportunity to look ahead, to make exciting plans and set ourselves new goals to achieve. But sadly, not everyone will be going into 2016 with such confidence and certainty.

The simple truth is there are young, vulnerable children out there whose futures aren't so easy to predict. That's why we're asking you to take a moment to think whether you might be able to transform a child's life by becoming a foster carer and providing them with a loving and caring home.

Last year, we embarked on a campaign to recruit 70 foster carers over the next three years, and as well as receiving a large number of enquiries, some local residents have already opened their doors to a young person in need.

However, our campaign is far from over, and we still very much need potential applicants to come forward. Looked-after children benefit immeasurably from the support provided by a foster carer, and in return for their help, foster carers are given round-

the-clock support and all the training they need, along with up to 60 per cent off their Council Tax bill, a professional fee for their work and an allowance for each child they foster to meet all their needs.

Yes, being a foster carer is a challenging role, but as you will see by turning the page and reading some first-hand experiences, it's also incredibly rewarding. So, if you're interested in becoming a foster carer, or even if you just want to find out a little bit more about what's involved, we would love to hear from you.



Councillor Mark Rusling
Cabinet Member for Children and Young People Waltham Forest Council

www.fosteringwalthamforest.co.uk



**WALTHAM
FOREST'S
TRAINING FOR
FOSTER CARERS IS
COMMENDED BY
OFSTED**



* CHILDREN'S PHOTOS
ARE OF MODELS, NAMES
CHANGED TO PROTECT
IDENTITY

**"MY CARER IS FIRM
BUT FAIR AND SHE IS THE BEST
THING YOU COULD EVER WISH FOR.
SHE IS CARING AND HELPFUL."**

EVE, AGED 7



92% OF WALTHAM
FOREST CARERS
STATE THAT THEY
ARE SATISFIED THAT TRAINING
PROVIDED TO THEM HELPS
THEM TO MEET THE NEEDS OF
THE CHILDREN THEY FOSTER

Up to
£445
per week

PAM'S STORY

"I have been a foster carer for 41 years. I became a foster parent because I like and understand children and wanted to give something back to the community. We have a busy but 'normal' house."

"The biggest reward of fostering for me is preparing a child for adoption. Whenever I have handed a child over it has been heart breaking but after a couple of days I am ready to start again with another child. There are lots of challenges but you get through them. For example, older children often test boundaries but no matter what they do, you have to stay consistent and let them know that you still care for them. I often find that a few weeks pass and I realise they have stopped a negative thing they were doing."

"I foster with Waltham Forest because I signed up with them a long time ago and I am committed to them. They respect their foster carers and we are financially rewarded and given support day and night. We now receive up to 60 per cent off our council tax and discounted GLL leisure membership for the whole family. We also receive up to £445 per week. It is recognised that we are doing work for the community."

CASE STUDY



**"SHE LET ME HAVE MY
BEDROOM THE WAY I WANTED
IT. SHE TRIES HER BEST TO MAKE ME
FEEL AT HOME. MY PHONE AUTOMATICALLY
CONNECTS TO THE WIFI, HOME IS WHERE
THE WIFI AUTOMATICALLY CONNECTS."**

NAEEMA, AGED 16

www.fosteringwalthamforest.co.uk

Discounted leisure
centre membership



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New Years' Honours list

Local people scoop awards in the New Year's Honours list, with two OBEs and two knighthoods coming to Waltham Forest

Two inspirational teachers, a world-renowned choreographer and a musical superstar from Waltham Forest have all scooped awards in the New Year's Honours list.

Choreographer and director, Matthew Bourne, who was born in Walthamstow and attended Sir George Monoux College, has been awarded a knighthood for services to dance.

Sir Matthew is regarded as the UK's most successful choreographer and director. He is a five-time Olivier Award winner, and the only British director to win the Tony Award for both Best Choreographer and Best Director of a Musical.

Sir Matthew said: "This news has come as a great surprise, but I couldn't be more thrilled and honoured to be recognised in this way. I would like to thank all of my colleagues, friends and loyal audiences."

Executive Principle of Whitefield Academy Trust, Walthamstow, Elaine Colquhoun, has been appointed an Officer of the Order of the British Empire (OBE) for her contribution to

education.

Elaine joined Whitefield in 2011 and has worked in special education for nearly 35 years.

Elaine said: "I am immensely proud to have received this award, which is shared with the many dedicated people I have worked with over the years."

Meanwhile, the Executive Headteacher of Walthamstow's Hillyfield Primary Academy, Steve Lancashire, has been given a knighthood for services to education.

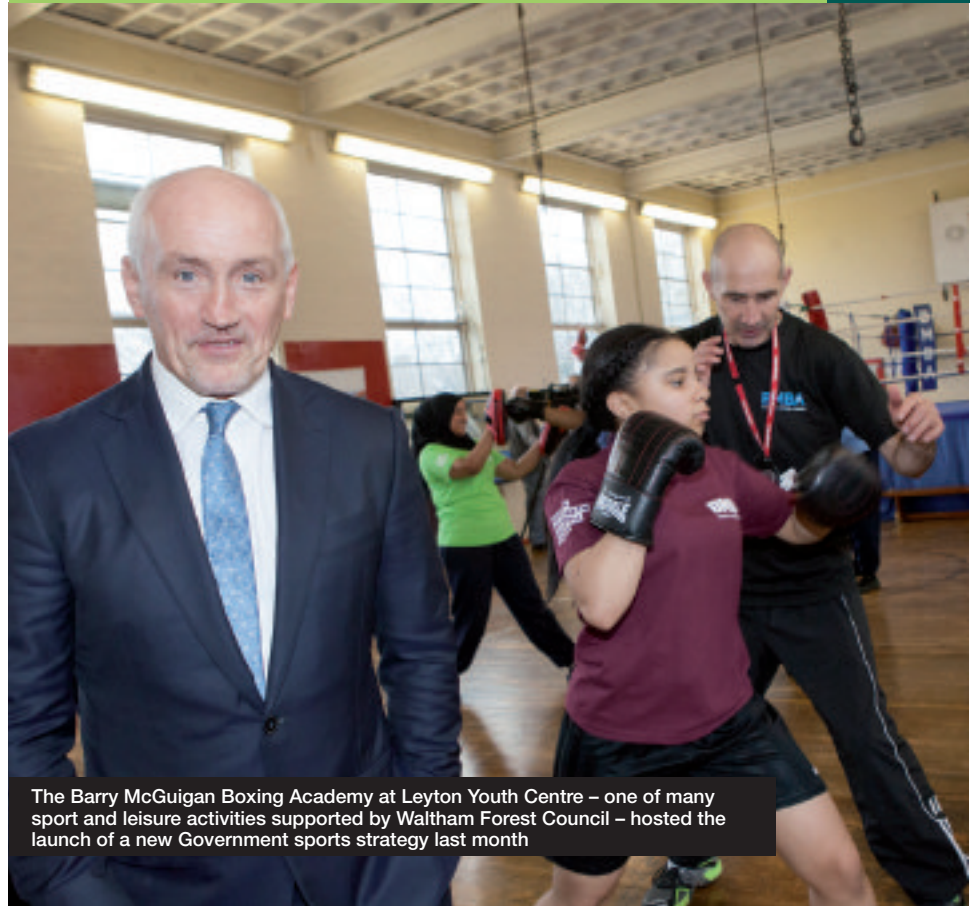
Sir Steve said: "My passion for learning and education was instilled by my parents. They taught me to believe in myself and in the power of education to change lives and bring opportunity."

Finally, Blur frontman Damon Albarn, who was born in Fillebrook Road, Leytonstone, was awarded an OBE for services to music.

Damon attended George Tomlinson School, and while his family moved when he was nine, Leytonstone had a lasting impact on him. His 2014 album 'Everyday Robots', recalled his childhood in Leytonstone.

Shining a spotlight on sport

Turn to
Page 12



The Barry McGuigan Boxing Academy at Leyton Youth Centre – one of many sport and leisure activities supported by Waltham Forest Council – hosted the launch of a new Government sports strategy last month



WALTHAMSTOW TOWN CENTRE DROP-IN EVENTS

Walthamstow is changing. We will be holding a drop-in exhibition in January to outline forthcoming town centre projects. For more information on drop-in exhibition dates please refer to page 3.



SHAPING A BOROUGH FOR EVERYBODY
www.shapingwalthamforest.co.uk

02077291705
info@shapingwalthamforest.co.uk
www.shapingwalthamforest.co.uk



Shop Front design guide



In 2013 Waltham Forest Council won the London Planning Award for its shop front project in Leyton High Road

Residents and business owners are being asked to have their say on Waltham Forest Council's new draft Shop Front Design Supplementary Planning Document (SPD).

An SPD is a document produced by the Council to help its Planning Committee make decisions about proposed changes to properties in the borough. In this case the Council wants to agree a set of

criteria around proposed changes to shop fronts.

"Shop fronts make a huge difference to the appearance of our borough, as we have learnt over a number of years," Cllr Clare Coghill,

- **Council launches consultation about its draft Shop Front Design document**
- **Supplementary Planning Document looks to give guidance to shop owners**

Cabinet Member for Economic Growth and High Streets, told Waltham Forest News.

"We're keen to support retailers who are considering making alterations to their shop fronts by providing clear advice on how to achieve a high quality, attractive shop front, with a cohesive look along the street while retaining individual characteristics."

The consultation runs between Friday 8 January and Friday 19 February, with the document available to view electronically, at Waltham Forest Libraries during normal opening hours, and in the reception of Sycamore House at the

Waltham Forest Town Hall Complex (Forest Road, E17 4JF.)

More info

To view the document, visit www.walthamforest.gov.uk/shopfront. To respond online, visit walthamforest-consult.limehouse.co.uk/portal. Alternatively, you can submit your comments by email to urbandesign@walthamforest.gov.uk or by post to Design and Conservation, Room G08, Sycamore House, Waltham Forest Town Hall Complex, Forest Road, E17 4JF.

In my opinion



Katie Robinson

Resident, Walthamstow

Happy New Year! 2016 is here and here is my food resolution: I want to spend less and waste less this year. As a food blogger, and mum of two, I have already been trying out simple ways to do this, and it has been easier than I thought. Here is a round-up of what has worked best so far for my family. I hope you might find it helpful, too:

I plan the meals we are going to eat for the week before I go food shopping. This helps avoid impulse buys! We also buy the cheapest options available for tinned food, pasta and rice.

I keep long-life staples in the

cupboard such as tinned tomatoes, chickpeas, lentils, stock cubes, pasta, rice, dried herbs, olives and garlic. I later combine these with fresh ingredients, including vegetables, cheese, crème fraîche or fish, to make meals.

I often cook big meals to last two days. Dishes such as bolognese, pasta bake, fish pie or cottage pie all reheated well.

I organise the fridge, putting things that need eating soon nearer the front. If I am not going to use something in time, I make sure I freeze it. You can freeze food right up until it reaches the 'use by' date. You can also store leftover chopped

herbs in freezer bags or with oil in ice cube trays. I chop and freeze ageing fruit to make smoothies or ice lollies and we always freeze bread. It can be toasted straight from frozen, defrosted in 40 minutes at room temperature or 30 seconds in the microwave. Leftover cheese is grated and frozen.

Near the end of the week I always check what food is left and get creative. I might make pasta sauce; vegetable stew with sausages or pulses; a stir fry with salted peanuts and sauce; omelette; soup; vegetable gratin or roast spiced vegetables topped with a poached egg.

Over ripe bananas get used in banana bread and other fruit can be made into a yoghurt cake or fruit 'kebabs'.

I buy my fruit and veg locally, so we only buy what we need and waste less. Plus it's nice to see 'wonky' veg!

I hope you find these ideas useful. If you have any tips of your own to share, I would love to hear them. You can email me at

katielovescookingE17@gmail.com.

The recipes mentioned above (and many more) can be found at www.katielovescooking.com. Also check out local resource www.welovelowcostliving.wordpress.com and www.lovefoodhatewaste.com. Turn to p10 to see Katie's Lentil Ragu recipe.

Want to have your say?

If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 350 words; Waltham Forest News wants to hear from you. Email walthamforestnews@walthamforest.gov.uk and tell us what you'd like to write about.

Contact Waltham Forest Council:

Visit www.walthamforest.gov.uk
E-mail Wfdirect@walthamforest.gov.uk
Call 020 8496 3000



Waltham Forest News

Editor: Jenny Singh

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email walthamforestnews@walthamforest.gov.uk or phone 020 8496 3000.

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Sounding out the public

Walthamstow has gone through a lot of change recently, with a cinema returning to the borough for the first time in a decade, the Travelodge hotel opening and the arrival of a range of popular restaurants at The Scene at Cleveland Place.

The Town Centre Area Action Plan (AAP) outlines the prospect of much more change to come and accordingly, Waltham Forest Council has engaged a team of specialists to make sure that residents are fully aware of the plans, and have the opportunity to give their views.

With key sites such as The Scene already helping to transform Walthamstow Town Centre, the Council is keen to understand what other developments would be welcomed by local residents.

The AAP is the key plan for the future of the town centre, guiding and shaping its development. The Council has been using it for 12 months and it provides the basis for ongoing discussions – not least with those living in the area.

Soundings are the firm of engagement specialists who have been brought in to help make sure that local people understand

the potential changes to their town centre. They will also gather the views of local residents by contacting them directly and holding a series of pop-up events, exhibitions and walk and talk events throughout January.

Exhibitions will be held in The Mall (45 Selborne Walk, E17 7JR) on Saturday 23 January between 11am and 3pm and in Walthamstow Library (High Street, E17 7JN) on Tuesday 26 January between 11am and 3pm and on Wednesday 27 January between 3pm and 7pm. They will also be held at The Mill (7-11 Coppermill

Lane, E17 7HA) on Saturday 30 January between 11am and 5pm.

Walk and talk events will start from The Mall on Saturday 23 January at 2pm and from The Mill on Saturday 30 January at 2pm.

More info

To contact Soundings phone **020 7729 1705** and ask for the Walthamstow Town Centre team. For more information, email walthamstowTC@soundingsoffice.com or visit www.shapingwalthamforest.co.uk.

In brief

Lea Bridge Road news

The latest works as part of the Mini-Holland programme have begun on Lea Bridge Road, on the section between Hackney and Lammas Road. If you're travelling in the area you might notice machinery on site, fences being put up and trees being removed to prepare the site for the work. The trees are being removed following a survey which assessed their age and health and the Council has confirmed it is looking at planting more trees in the future.

• **For further information and regular updates, visit www.enjoywalthamforest.co.uk**

Freddy Randall Plaque

Influential British jazz trumpeter Freddy Randall has been honoured with a blue plaque at his former home in Old Church Road, Chingford. Freddy was born in Clapton but lived in Chingford for many years. He started his first professional band in 1946, appearing regularly at the Cleveland Rhythm Club at Cooks Ferry Inn, Edmonton. The sessions have earned a place in British jazz history. The National Jazz Archive, based at Loughton Library, has worked with Waltham Forest Council for several years to identify the residences of jazz musicians who lived in the borough and install blue plaques.

• **For more information, visit www.nationaljazzarchive.org.uk.**

Leyton Jubilee Park survey

Residents are being asked to help improve Leyton Jubilee Park by taking part in a short online survey. You can tell us what you like about the park, why you visit it and what can be done to make it even better. A drop-in consultation event will take place on Wednesday 27 January between 3pm and 8pm, at the Park Pavilion (Seymour Road, E10 7BL). Come along, speak to members of the dedicated team that looks after the park and let us know your thoughts and ideas. The results of the survey and consultation event will be used to help form a new Park Management Plan for Leyton Jubilee Park.

• **To take the survey, visit www.walthamforest.gov.uk/ljpconsultation. Free internet access is available at all Waltham Forest Libraries.**

Council getting tough on rogue landlords



The Private Rented Property Licensing scheme aims to improve housing standards in Waltham Forest

Since the introduction of its Private Rented Property Licensing scheme last year, the Council has been working hard to help landlords understand the need to get a licence and comply with conditions.

The scheme requires all properties that are privately rented in the borough to be licenced, with a separate licence required for each and every property. "We have

worked hard to get the message out to landlords that they need to obtain licences for their properties," explained Cllr Khevy Limbajee, Cabinet Member for Housing.

"We even offered a half price 'early bird' discount for a five year licence to those landlords that signed up before the middle of June. What we've found is that the vast majority have been quite willing to work with us and sign up their properties.

"With the discount, the cost worked out at less than a pound a week, so financially the scheme really doesn't make a difference to their business. So far we have issued around 15,000 licences and are processing a further 2,000 applications, which shows that decent, responsible landlords understand the need to sign up."

With the scheme up and running the Council is now turning greater

attention to enforcement action. A series of operations to crackdown on rogue landlords trying to buck the system is planned throughout the coming year.

Rogue landlords that are either refusing to apply for a licence or have no intention of meeting the conditions required to ensure their tenants are housed in appropriate conditions are being targeted as part of a campaign of enforcement.

Landlords found without a licence will be subject to enforcement action that could result in a prosecution and an unlimited fine. Once in possession of a licence, landlords that do not comply with the conditions of licence could also be subject to an unlimited fine.

If you are the landlord of a private rented property in the borough and have not yet got a licence, then you have been warned – the Council's Private Rented Property Licensing team will be knocking on doors near you soon.

More info

To apply for your licence, visit www.walthamforest.gov.uk/prpl. As well as a link to the forms, there is also detail of the 'required information' and other details available. Free internet access is available at all libraries in the borough.

Leader's New Year message

Last year saw great progress made towards meeting residents' priorities, with the Council working hard to make sure that everyone can enjoy living life in Waltham Forest. Here, Council Leader Chris Robbins talks about some of the Council projects completed in 2015 and a taste of what we can expect in 2016



Despite 2015 being another challenging year due to ongoing financial constraints, there was still plenty of reason to celebrate.

Hundreds of thousands of you turned out for the Council's 'Get Together' events programme, pupils at Walthamstow's Willowfield Humanities College moved into a brand new building following a £25million Council-funded project to build a bigger and better school and an additional £1million was spent to deliver yet more improvements to the borough's parks and green spaces.

We think Waltham Forest is a special borough with lots to offer, which is why we're committed to doing all we can to make it a brilliant place to live, work and study. The Council wants to ensure everyone can enjoy a good quality of life here in Waltham Forest.

There will be plenty to look forward to over the next 12 months. I would like to wish residents a healthy, happy and prosperous 2016.

The Scene

There was a big welcome for Yum Yum as it became the final restaurant to open its doors at The Scene at Cleveland Place alongside Turtle Bay, Pizza Express, Nando's and Grillstock. The award-winning Thai restaurant opened in November and is already proving popular.

Hill Housing Group, the developers of The Scene, received recognition at the WhatHouse? Awards in November 2015 – included a partnership award



Yum Yum became the final restaurant to take residence at The Scene in November

recognising their work with Waltham Forest Council and Islington and Shoreditch Housing Association.

Hill scooped awards for 'Best Partnership Scheme', 'Best Brownfield site' and 'Best Development' and went on to win an additional four awards, including 'Best Medium Housebuilder' and the top prize of 'WhatHouse? Housebuilder of the Year'.

Bringing a cinema back to the borough has been one of my key objectives for many years, and the restaurants have proved equally as popular. But the effect goes further than that, with the whole evening economy of Walthamstow given a huge boost and is something that we want to build upon.

EMD pub



Enjoy beer from Walthamstow's own Wildcard Brewery at the EMD pop up pub

The foyer of the EMD cinema in Walthamstow was converted into a pop-up pub – 'Mirth, Marvel and Maud' – by its new owners, Antic, in December 2015.

In the run up to Christmas scores of residents took the opportunity to check out this amazing grade 2* listed space, with the building having being closed to the public for more than a decade.

There continues to be a longer term aspiration to bring the building back into use, and the Council is expecting Antic to submit a planning and listed building application in the coming months.

Lea Bridge Station



Lea Bridge Station will open this year

Regeneration doesn't get much bigger than opening a railway station, and having trains stop at Lea Bridge Road for the first time in 30 years will have an enormous impact on people living in the area.

Getting passengers back on the trains that pass between the two travel and employment hubs that are Stratford City in one direction and Tottenham Hale in the other has been a 15 year vision for the Council.

The station closed in 1985 and in that time has fallen into disrepair, but thanks to £5million from the Council, £1.1million from the Department for Transport and £5.5million from Section 106 contributions it has been possible to see the route reopened.

It is estimated the new station will service up to 352,000 passengers a year by 2031.

Waltham Forest Leisure Centre

The Council continued to make significant steps to improve leisure facilities in 2015, with the construction of Waltham Forest Leisure Centre continuing apace. Scheduled to open in 2016, the modern, two-storey facility, which has a footprint measuring 5,500m², will be the borough's premier state-of-the-art sport, health and fitness facility – and one of the largest leisure centres in the capital.

It will boast a range of facilities including a 25m, eight-lane competition pool, teaching pool, four-court sports hall, an activity room/studio and a soft play area for children.

In addition, visitors will have access to an extreme sports zone with a climbing wall, dance studios, a new gym and changing facilities and both wet and dry health and wellbeing spa areas. The centre will also have 1m and 3m diving boards and an outdoor floodlit artificial sports pitch.

Waltham Forest Leisure Centre promises to be the jewel in the crown of the Council's ambitious multi-million pound leisure centre investment programme. Once finished, it will be a landmark leisure venue for residents and visitors alike – rivaling the biggest and best centres in London.

And most importantly, we hope the many different facilities on offer will draw in people of all ages and of all levels of fitness – providing a perfect environment for them to get active, healthy and happy.

The creation of Waltham Forest Leisure Centre is part of the Council's multi-million pound leisure centre investment programme, which has already delivered newly-refurbished centres in Chingford, Leyton, Leytonstone and Walthamstow.

Leyton Jubilee Park

In the coming months, you can expect to see a host of further improvements made to Leyton Jubilee Park.



Checking progress on new paths at Leyton Jubilee Park

Construction of a new network of paths began in October 2015, which includes an access ramp leading from the riverside to give wheelchair users, mobility scooters

and buggies easy access to the centre of the park. This autumn will also see hundreds of new trees planted at Leyton Jubilee Park to create a mini forest.

Work will also begin this month to improve pedestrian safety around the Marsh Lane entrance. The Council will install bollards and planters and paint double yellow lines to stop cars parking illegally, and the car park will be marked out with new accessible parking bays for disabled drivers.

You can also have your say on what you like about the park, and how you think it could be further improved, by taking part in a short online survey. The results will be used to help form a new Park Management Plan Turn to p3 for further details.

Reassuring residents

Recently, Waltham Forest has hit the headlines for the wrong reasons with the picture painted by the media far removed from residents' daily experiences of living in the borough.

Waltham Forest is one of the most diverse areas of the country in one of the most diverse cities on earth, and 87 per cent of residents think that it is a place where people of different backgrounds get on well together.

We are proud of the work that we do in bringing people together particularly with our schools and believe that it is essential in supporting a strong community where people from all walks of life get on well together.

More info

For more information on Council Leader, Chris Robbins, visit www.walthamforest.gov.uk/leader. You can read his latest blog entry and sign up to receive the Leader's e-newsletter. You can also sign up by emailing leader@walthamforest.gov.uk and using 'sign up for leader's e-newsletter' as the subject. Free internet access is available at Waltham Forest Libraries.

COUNCIL PRIORITIES 2015-2018



Priority:

Keep your neighbourhood clean and safe

Commitment:

- Provide neighbourhood officers who will work with the community to keep your streets clean
- Establish an anti-social behaviour team to help keep our streets feeling safe
- Continue to collect your bins every week, provide a free bulky waste service and prosecute fly-tippers
- Deliver an anti-gangs programme in partnership with the police to provide our young people and their families with a positive future



Priority:

Help build a strong local economy and thriving town centres

Commitment:

- Support our schools and colleges to provide top quality education and training across the borough
- Work to improve our town centres so that they have the quality mix of shops and services that you want
- Actively promote a borough wide 'spend local' campaign to keep wealth in our borough and support local businesses
- Provide an investment fund for local businesses and services in our town centres



Priority:

Support affordable housing for everyone's needs

Commitment:

- Deliver a private sector landlord licensing scheme which benefits tenants by improving standards and makes the area better for those who live around them
- Build new council homes for Waltham Forest residents in work
- Encourage new houses to be built where they can deliver prosperous communities with access to the local services and infrastructure they need
- Build more specialist houses which allow older residents to stay in a home of their own with the support they need to be independent



Priority:

Help all of our residents enjoy a good quality of life

Commitment:

- Freeze Council Tax until at least 2016 and continue to fund the freedom pass scheme
- Provide young and older residents with a range of activities and support such as free swimming, holiday clubs and Christmas lunches
- Support an extensive arts and events programme for everyone, via the Council and in the community
- Maintain high quality parks, green spaces and affordable, modern leisure centres

Our core duty is to keep vulnerable adults and children safe and healthy, ensuring that they have dignity and choice in their lives. This crosses all responsibilities and services.

In brief



A new law requires all dog owners to microchip their pets by Wednesday 6 April. The Council is offering free microchipping to help make it easier

Free dog microchipping

Dog owners can get their pets microchipped for free, as Waltham Forest Council has teamed up with the Dogs Trust to help residents comply with a new law. From Wednesday 6 April the Microchipping of Dogs (England) Regulations 2014 will mean that all dogs must be microchipped and registered to an approved database by the time they are eight weeks old. Dog owners must register their contact details and keep them up-to-date on whichever database they choose. Having your pet microchipped gives them the best chance of being identified and returned to you if they are lost or stolen. Last year the Council successfully reunited 66 dogs with their owners, and found new homes for 52 pooches, thanks to the help of rehoming charities. Pictures of dogs that have been found are posted on the Council's Twitter account, just follow @wfcouncil.

• If you would like to have your dog microchipped, email dogteam@walthamforest.gov.uk.

Conservation workday

The Highams Park Snedders volunteers group has been helping Waltham Forest Council and the City of London carry out work to improve the local area. Twenty volunteers turned up for a conservation workday at Highams Park Lake on Saturday 12 December. Work included improving access from the park to the lake and opening up woodland glades for spring flowers such as the wood anemone. The group will be meeting once a month to continue the work that they started. The word 'snedding' means to trim boughs from tree trunks.

• If you would like to get involved, please email highamsparkplan@gmail.com.



Empty commercial premises can become a target for squatters, so make sure your business is secure and you're not faced with a nightmare scenario like this. Stock photograph

Businesses warned about squatters

- Owners of commercial premises warned by Council about squatters
- Recent high profile examples bring into focus the potential problems

Commercial premises owners are being reminded to properly secure their businesses, following a spate of cases where squatters have broken into disused buildings and set up home.

Letters have been sent to owners outlining that the basic minimum clean-up bill for a small commercial property (such as a pub or three-storey house) after it is squatted can be upwards of £1,500, covering lock changes and rubbish clearance.

This figure would increase dramatically for larger properties or where greater damage has taken place. It also does not take account of legal fees, which on average start at around £5,000.

Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment, said, "We have been carrying out checks on empty properties in order to identify suspect premises, but would also like business owners to do all they can to protect their property.

"Things like informing insurers when a property becomes vacant,

commissioning a specialist firm to undertake a comprehensive risk assessment, isolating and shutting down the power and gas supplies and draining down water systems to avoid flooding.

"Likewise, clearing the property of flammable material and installing a letter box seal to prevent mail build-up, installing other security measures such as CCTV, steel fittings on windows and doors and instigating a weekly inspection of the property.

"There's even the option for businesses to consider applying to a property guardianship scheme to arrange for someone to live in your property on a low rent fee to ensure its safety."

Ultimately if squatters do invade a commercial premises it will be the business owner that will have to pick up the bill to evict them and repair their property, so it is in the best interests of the business, as well as the local community, to do everything possible to resist squatting.

Recently 40 alleged squatters broke in to the TFC Supermarket,

High Road Leytonstone and were thought to be using the building for residential purposes for around two years.

It is difficult to calculate the scale of damage that occurred over that time, but given that there were various ad hoc alterations to the electrical system over that time and additional partitions added, it's likely the cost to the landlord was considerable.

Because the owner did not take immediate steps to remove the squatters, they were unable to take advantage of accelerated possession proceedings, which would have added at least ten months to the eviction process.

In another case at Rigg Approach, Leyton, the first floor of a factory was converted into artists' studios in 2012, but when a fire occurred on 28 May 2015 it became apparent that people were actually living permanently in the space.

The entire factory and all of its contents were destroyed by the fire including the belongings of those living there. The incident called into

action various services, including London Fire Brigade, Police, civil contingencies, building control, the Salvation Army, and the Council setting up an emergency rest centre to provide temporary overnight accommodation to 14 people, including a two-year-old child.

The letter from the Council asks businesses to provide direct contact details for the person who is responsible for any empty premises to the Council's Neighbourhoods Team so that they are aware. It also urges them to consider re-letting their property, which would mean the business owner not having to pay business rates on their empty property, and will bring benefit to the wider community and the local economy.

More info

If you own a commercial premises that is currently empty or is due to be vacated soon, please email information to the Council for the attention of Gareth Jones indicating the address of the premises to neighbourhoods@walthamforest.gov.uk.

Envirocrime enforcers

- Cigarette butts prove the biggest issue for the Council's team of enforcers
- A campaign coming down hard on litterers has led to hundreds of fines



Cllr Clyde Loakes with three of the NSL Environmental Enforcement Officers in Leytonstone town centre

Two months into a nine month trial that sees four Environmental Enforcement Officers and one Team Manager from NSL – the contractor that already provides parking services to the borough – target enviro-crime hotspots, and the big issue has been rogue smokers.

So far the team have handed out more than 1,300 Fixed Penalty Notices (FPNs) to people caught

littering and causing other environmental crime in the borough's town centres. However, far and away the biggest issue has been people throwing their cigarette butts onto the pavement.

"It's about time some cigarette smokers learned to clean up after themselves," said Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment. "It simply isn't acceptable to throw your cigarette butt onto the pavement once you

have finished with it.

"I accept that most smokers find a bin to dispose of their butts responsibly. There are now special sections for cigarette butts so there really is no excuse not to make use of them. Plus many businesses such as pubs provide special bins outside doorways.

"There is surely nothing more disgusting than the thought of a small child picking up someone's fag butt from the ground, but that's exactly what happens if they are not disposed of properly."

Recent research has revealed that smoking-related rubbish makes up more than a third of all litter. Last year Waltham Forest Council officers handed out 800 FPNs to people caught committing environmental crimes such as littering, fly-posting, spitting and urinating in public.

The initiative to work with NSL to address these low level environmental crimes was born out of a desire to free up the time of Council officers to address more complex issues such as fly-tipping – a problem that

the Council has already managed to slash by a third over the past three years.

The Council spends more than £5million a year keeping the borough's streets, parks and open spaces looking their best, so encouraging people not to litter would be of huge benefit, both environmentally and financially.

One other feature of the new initiative involving NSL is that officers wear bodycams that they turn on whenever they spot a potential perpetrator. By filming incidents and the issuing of fines, officers feel safer and arguments about whether incidents occurred can be corroborated.

More info

For more information about your Neighbourhoods Team, visit www.walthamforest.gov.uk/mystreet. To report an issue, visit www.walthamforest.gov.uk/report-it. Free internet access is available at all libraries in the borough.

In brief

Skin lightening cream warning

Health warnings have been issued to residents and traders about the damage that banned skin lightening creams can inflict. Many skin-lightening products contain dangerously high levels of hydroquinone, mercury or steroids which can result in a host of problems from skin thinning and discoloration to organ damage and even cancer. The Cosmetic Product Enforcement Regulations 2013 makes it an offence to distribute non-approved cosmetics. Residents should check that any skincare products they buy have the required labelling, including an ingredients' list, EU name and address and batch number. The warning comes after the London Trading Standards team found banned skin-lightening products for sale across London.

• Further information about the dangers of skin lightening products can be found at www.londontradingstandards.org.uk. Anyone concerned about products should report the matter to the Citizens Advice Consumer Service on 03454 040 506.

WALTHAMSTOW TOWN CENTRE DROP-IN EVENTS

Walthamstow is changing. Some key sites have recently been developed and refurbished. We will be holding a drop-in exhibition in January to outline forthcoming town centre projects.



DROP-IN EXHIBITION

Please come along to our exhibition to find out more on the plans for Walthamstow Town Centre and share your views.

Saturday 23 January 11am – 5pm	The Mall Outside Poundland, E17 7JR
Tuesday 26 January 11am – 3pm	Walthamstow Library Main Foyer, High Street, E17 7JN
Wednesday 27 January 3pm – 7pm	Walthamstow Library Main Foyer, High Street, E17 7JN
Saturday 30 January 11am – 5pm	The Mill E17 7-11 Coppermill Lane, E17 7HA

WALK AND TALKS

Take us on a tour of your local area and show us first-hand what's important to you (lasting approx. 1 to 1.5 hours). Please contact us to register.

Saturday 23 January 2pm start	The Mall Meet at The Mall (outside Poundland). This session will focus on The Mall, High Street, Town Square and Hoe Street.
Saturday 30 January 2pm start	The Mill E17 Meet at the main entrance of The Mill. This session will focus on the St James Street area.

Sports and fitness

Gentle Yoga

Mondays 6–7pm

The Mill, 7–11 Coppermill Lane, E17 7HA
A gentle yoga class, great for beginners, those with health issues, newbies, or anyone wanting a small, friendly relaxing yoga class. We learn simple physical poses to improve posture and general physical and mental well-being, with a calming relaxation to finish. £10 drop in, £9 with a loyalty card or £5 for concessions. **For more information, email josettayoga@hotmail.co.uk or phone or text 07554 440 499.**

Ashtanga Yoga

Fridays, 9.45–11.15am

The Quaker Meeting House, 1a Jewel Road, E17 74QU

Fast-flowing dynamic yoga class for emotional and physical wellbeing. Great for increasing fitness, flexibility and balance, with calming relaxation to finish. Please bring a yoga mat. £12 drop in, £11 with a loyalty card or £5 for concessions. **For more information, email josettayoga@hotmail.co.uk or phone or text 07554 440 499.**

Women Only Boot Camp

Monday, Tuesday, Thursday and Friday, 6.30–7.15am

Chestnuts Field, Forest Road, E17 4JF and YMCA, 642 Forest Road, E17 3EF

A Fun and exciting boot camp programme with fitness tests, nutritional screening, food diary analysis, weekly accountability emails and calls. Personal training in a small group environment, guaranteed results or your money back. **For more information, phone 07717 330 993 or email vibe.wellnesshealth@gmail.com.**

Women Only Zumba Toning

Saturday, 10.30–11.30am

St Andrews Church, St Andrews Road, E17 6AR

Exhilarating class with loads of fun and toning in the process. Enjoy your body changing shape while listening to international sounds! **For more information, phone 07717 330 993 or email vibe.wellnesshealth@gmail.com.**

Zumba with Zoe

Wednesdays, 7.30pm

The Cornerstone Centre, 149 Canterbury Road, E10 6EH

Classes are great fun, an excellent way to keep fit, lose weight and every class feel like a party. Zumba is your opportunity to express yourself and unleash your 'Latin within'! £5 per class. **For more information, email info@zumbazoe.co.uk or visit www.zumbazoe.co.uk.**

Acupuncture and Chinese Massage

Acupuncture and Tui Na (massage) have been used in the East for over 2000 years to treat physical and emotional problems

including back and knee pain, arthritis, headaches, insomnia, depression and anxiety, addictions, nausea and eating disorders. If you would like to find out how these therapies could help you, we are offering free consultations at our Clinic in Leytonstone. Our therapists include fully qualified members of the British Acupuncture Council. Prices start at £25. **To book a free consultation, phone 07943 672 696 or email bushwoodacu@aol.com.**

General Level Pilates

Thursdays, 7–8pm

Leyton Parish Church Hall, Lindley Road, E10 5PY

Drop-in Pilates classes for all, £10. Carnets available – buy 10 classes and get one free. Mats and small equipment provided. Pilates can improve your strength, flexibility, balance, co-ordination, bone density, reduce pain and encourage relaxation. Pilates Foundation member teacher with 15 years' experience of studio and mat work. Absolute beginners and newcomers contact me first please. **For more information, email alison.bray@gmail.com or visit www.abpilates.co.uk.**

Chingford Folk Dance Club

Tuesdays, 8–10pm

Mornington Hall, The Green Walk, E4 7EN

Dance styles include Playford, Country, Contra and American. Beginners are welcome. There is no need for a partner. £2 per session, refreshments included.

For more information, phone 020 8508 4770 or 020 8529 0229.

Wednesday Badminton Club

Wednesdays, 8–10pm

Trinity School, Mornington Road, Woodford Green, IG8 0TP

A social badminton club for intermediate and advanced players. New members welcome. £7 per session. **For more information, phone Adrian on 07985 161 428.**

BollyFusion Workout

Wednesdays, 7.45–8.30pm

Maryland Studios, Leytonstone Road, E15 1TQ

Is your usual workout a little mundane? Then try this exciting, energetic dance workout that leaves you feeling amazing! BollyFusion combines exciting Bollywood moves with street dance, to breathe new life into your fitness routine, all in a fun and friendly environment. All welcome regardless of ages, abilities, new or nervous – come along. First class free, then £6.50 per class when purchasing a block of four. **For more information visit, www.khyalarts.org.uk or email info@khyalarts.org.uk.**

Football Fans in Training

Thursdays from 21 January, 10am–12noon

The Matchroom Stadium, Oliver Road, Leyton, E10 5JY

Get fit, lose the belly and get behind the scenes at Leyton Orient FC, all for free! Are you a man aged 35–65 years old? Is your waist size at least 38 inches? Do

you want to lose weight, have a healthier lifestyle and get fitter? Our new 12 week training programme can help! You'll get a behind-the-scenes look at the club, be trained by club coaches, have a nosy at the trophy cabinet and have the chance to talk tactics in the dressing room. The first hour of the session will include healthy lifestyle workshops with the second hour taking part in Walking Football. Please book in advance for this free 12 week course. **For more information, phone Phill Smith on 020 8556 5973 or email phillip.smith@leytonorienttrust.org.**

Boccia – Age 65+

Tuesdays, 2–3pm

The Paradox Centre, 3 Ching Way, E4 8YD
Leyton Orient Trust will be running weekly Boccia sessions for men and women over the age of 65. All abilities are welcome, come along have fun, keep fit and socialise with others. Sessions will be turn up and play and are free. **For more information, phone Phill Smith on 020 8556 5973 or email phillip.smith@leytonorienttrust.org.**

Walking Football – Age 50+

Tuesdays, 6.30 to 7.30pm and Thursdays, 11am to 12noon

SCORE centre, 100 Oliver Road, Leyton, E10 5JY

Leyton Orient Trust will be running weekly indoor walking football sessions for men and women over the age of 50. Walking football is one of the fastest-growing, albeit slowest sports to play. It follows many of the same rules as 5 a side football but is non-contact and no running is allowed. This is a great opportunity to get healthy, keep fit and socialise with like-minded people. Sessions will be turn up and play and will cost £3 per session. **For more information, phone Phill Smith on 020 8556 5973 or email phillip.smith@leytonorienttrust.org.**

Symphonic Gong and Tibetan Bowl Sound Meditation

Sunday 24 January, 5–7pm

Leyton Yoga, 691 High Road Leyton, E10 6RA

This is a deeply rejuvenating evening of vibration and sacred sound. Gentle movement practices and call-and-response mantra-chanting lead into a lush 60 minute immersive and meditative sound bath of Tibetan singing bowls, symphonic gongs and overtone singing. Spaces are limited, so pre-booking by email is essential. £22. **For more information, email leytonyoga@gmail.com or visit www.leytonyoga.com.**

Therapeutic Yoga Class

Every Thursday, 6–7pm

Leyton Yoga, 691 High Road Leyton, E10 6RA

Learn to breathe better, heal injuries and reduce stress in these traditional yoga classes. Suitable for beginners. Classes are drop-in, with no need to pre-book. Cash only. £10 or a ten-class pass for £90. A 20 per cent discount is available for NHS staff. **For more information, email leytonyoga@gmail.com or visit www.leytonyoga.com/workshops.**

50+ Tai Chi

Wednesdays, 6–7.15pm

Waltham Forest Resource Hub (North), 58 Hall Lane, E4 8EU

A relaxed class aimed at the over 50s, focusing on improving health. Beginners welcome. £5 per week, pay on the door. **For more information, phone 020 8558 5512 or email e.tozer@ageukwalthamforest.org.uk.**

New Year, New You with Yoga

Every Tuesday, 6.15–7.30pm

Leyton Sixth Form College, Essex Road, E10 6EQ

Sallyanne is a very experienced instructor who skilfully adapts the classical poses to suit everybody. Come and learn to relax and recharge while building up strength, flexibility, poise and peace. Beginners welcome. £33 per six week term or £6.50 to drop in. **For more information, phone 020 8520 7242 or 07952 307 455 or visit www.goldenyoga.co.uk.**

Clubs and community

Table Top Sale

Saturday 20 February, 10am

Ryan Hall, St Edmund's Church, Larkswood Road, E4 9DS

A table top sale in aid of the parish magazine 'Outreach'. Tables are available at £8 per six foot table. Payable in advance. Cheques payable to St Edmunds. **To reserve a table, please phone Christine or Andrew on 020 8524 8729 or email church@stedmund.freeserve.co.uk.**

Affordable Psychotherapy in English and Spanish

Monday to Friday, 9am–8pm

Two minutes from St James Street Station

Short and long term psychotherapy for individuals and couples. Sliding scale of fees, meaning that everyone can access psychotherapy. Concessions for students, unwaged and retired people. **For more information, phone 07912 887 588, email info@valeriabonfiglio.co.uk or visit www.valeriabonfiglio.co.uk.**

The Good Life Club

Every Wednesday, 1–3pm

Jubilee Hall, Greenleaf Baptist Church, Green Leaf Road, E17 6QQ

A club for the local people aged 55 and over. Join us for speakers, quizzes, videos and social events. Entrance costs £2.50 per person, including tea and biscuits.

Adults with Dyslexia Meet Up

Tuesday 26 January, 6.30–8.30pm

Quaker Meeting House, Jewel Road, E17 4QU

The Waltham Forest Dyslexia Association (WFDA) offers a monthly meet-up for adults with dyslexia on the last Tuesday of every month. If you have dyslexia or are interested to know more about dyslexia, come along to

our friendly free meetings. **Visit www.wfda.org.uk for more information.**

CAOS Quiz Night

Saturday 16 January, 7.30pm

Walthamstow Spiritualist Church, Vestry Road, E17 9NH

College Amateur Operatic Society (CAOS) are holding a quiz night. Tables are available for teams of up to eight people. £7 per person, which includes light refreshments. Please bring your own drinks and glasses. **To book a table, phone Jean Howard on 07941 050 336.**

Ebooks (Kindles and Kobos)

Thursday 14 January, 10.30am–12.30pm

Waltham Forest Resource Hub (North), 58 Hall Lane, E4 8EU

A workshop for people aged 50 and over. Ever wondered about e-books (aka kindles and kobos)? Did you know you can increase the size of text to make reading easier? This session will give you the chance to try the latest equipment and also covers how to download books from the internet as well as via the Council e-book library service. Cost is £5. **For more information, phone 020 8558 5512 or email e.tozer@ageukwalthamforest.org.uk.**

What's new with Windows 10?

Monday 18 January, 10.30am–12.30pm

Waltham Forest Resource Hub (North), 58 Hall Lane, E4 8EU

A workshop for people aged 50 and over. The new Windows operating system is now available. Come along and see what is new and what has changed. Cost is £5. **For more information, phone 020 8558 5512 or email e.tozer@ageukwalthamforest.org.uk.**

Culture and crafts

Waltham Forest Community Choir

Mondays, 7.30–9.30pm

St Mary's Church, Church End, E17 9RJ

We are a self-funded group open to anyone living or working in the borough. Previous singing or musical experience is not required. We believe that singing should be accessible to anyone and we do not audition prospective members. Our musical repertoire is diverse, and includes classical, traditional, folk and popular styles. £50 per term. Currently recruiting bass and tenor singers. **For more information, visit www.singwithus.net, email members@singwithus.net or phone 07954 740 745.**

E17 Guitar Club

Saturdays, 12noon, 2.30pm and 3.30pm

Hornbeam Café, 458 Hoe Street, E17 9AH

Guitar playing and performing fun for adults of all abilities. Playing groups and beginners courses. Bass players welcome. Pay £52 for a half term of six, 40 minute lessons. Playing group drop-in, £10. **For more information phone 07958 471 083, email chris@e17guitar.com or visit www.e17guitar.com.**

E17 Swedish language course

Mondays and Wednesdays, 7.30pm
Hornbeam Café, 458 Hoe Street, E17 9AH
Learn Swedish in these beginners/intermediate and conversation courses classes. Relaxed and fun for adults. Pay £120 for a term of twelve, 60 minute lessons in a small group. Individual lessons also available. **For more information phone Christian Karlsson on 07958 471 083, email chris@e17swedish.com or visit www.e17swedish.com.**

Woodhouse Players – ‘Sleeping Beauty’

Friday 15 January, 8pm and Saturday 16 January, 2.30pm and 7.30pm
Welsh Church Hall, 881 High Road Leytonstone, E11 1HR
The Woodhouse Players presents Sleeping Beauty by Kevin Jannetts. Join us for our production of this traditional story, full of fun, laughs, songs and speed-dating! The 7.30pm performance on Saturday will be BSL-signed. Tickets costs £8 or £5 for concessions, in advance, or £9/£6 on the door. Special rates are available for groups. **To purchase tickets, visit www.woodhouseplayers.co.uk, phone 020 8504 3872 or email tickets@woodhouseplayers.co.uk.**

Sing at The WO

Every Monday, 7.30–9pm
The Warrant Officer, 318 Higham Hill Road, E17 5RG
Join our community choir. Absolutely no auditions, all abilities welcome. Raise your voice and lift your spirits as part of an adult choir where you call the tunes. Your first ‘taster’ session is free, then pay £6 per session in advance, or £7 pay as you go. **For more information, email singatthewo@gmail.com or phone Laura on 07813 686 980.**

Strung Out Violin Groups

Tuesday and Thursday evenings
Studio Office, The Quaker Meeting House, 1a Jewel Road, E17 4QU
Got a violin in your attic you want to dust down? Fancy learning a new skill? Our motto is “it’s never too late!” Strung Out is a fun violin group for adult enthusiasts of all levels, with a professional musician. All styles of music welcomed from classical to traditional. Classes available for improvers, early stages and intermediates. Classes are limited, so please book in advance. **For more information, and to reserve a place, email: strungout@shapeshifter-productions.com or phone 020 7018 2927. www.shapeshifter-productions.com.**

Five String Banjo Classes

Mondays, 6.30pm
Quaker Meeting House, Jewel Road, E17 4QU
New absolute beginners class to start in January. Places available in other classes for improvers and intermediate levels. Professional musician, Dick Smith, teaches five-string Banjo classes in three finger

bluegrass style picking. Start from scratch or develop your banjo skills in a relaxed and fun environment. £12 per class, when paid in advance by the term. Limited availability, so book now. **For more information, phone 07745 052 525 or email info.banjosmith@gmail.com.**

Ukulele Classes

Saturdays, 1pm
Quaker Meeting House, Jewel Road, E17 4QU
New absolute beginner’s ukulele classes for adults. Places available in other classes for improvers and intermediate levels. Try the ukulele with an experienced, professional musician in a fun and relaxed environment. Instruments not provided. £10 per class, when paid in advance by the term. Limited availability, so book now. **For more information, phone 07745 052 525 or email info.banjosmith@gmail.com.**

Piano and Guitar Tuition

Flexible dates and times available
Children and adults can learn to play a range of musical styles from the comfort of their home. Covers all levels from complete beginner to advanced. Styles include Classical, Jazz, Spanish and World Music. Exam preparation included with a current 100 per cent pass rate. £30 per hour, £10 discount on the first lesson. A discount is also available on multiple lesson purchases. Fully qualified and CRB certified. **For more information, phone 07515 156 331 or email paul.mountford@hotmail.co.uk.**

Children and young people

River Lea Anglers Club – free junior membership

January 2016 onwards
River Lee Navigation (Tottenham to Waltham Abbey)
We are offering a six month free membership for juniors aged 16 or under when registered by an adult who takes out full membership subscription to the Club. Full details, terms and conditions are available by contacting the Club. Free membership runs from 1 January to 30 June 2016. **For more info, phone 07922 688 060, email riverleaac@hotmail.com or visit www.riverleaac.wix.com/river-lea-ac.**

E17 Junior Guitar Club

Saturdays, different levels and times
Hornbeam Café, 458 Hoe Street, E17 9AH
Guitar playing fun and performing for children of all abilities, age 6 and over. Pay £52 for a half term of six 30 minute lessons. Also weekday groups after school near Wood Street. **For more information phone Christian Karlsson on 07958 471 083, email chris@e17guitar.com or visit www.e17guitar.com.**

Ladybird School of Gymnastics

Saturdays, times vary
Forest YMCA, 642 Forest Road, E17 3EF
Classes for children aged eight and

under start at 10am; classes for children aged nine to 12 start at 11am. 12 weeks costs £48. Spaces are limited, so please book early. **For more information, find us on www.facebook.com, email ladybirdschools-gymnastics@gmail.com or phone 07506 797 788.**

Spanish for Children

Saturdays, 11am
Mission Grove School, Mission Grove Road, E17 7EJ
Learn Spanish in a fun and relaxed environment. Suitable for children aged five to 10 years. One hour class. Taught by a native, Spanish-speaking tutor. £63 for 9 week course. **To book a place, phone 07568 157 028 or email rachelbettelley@hotmail.com.**

French for Toddlers

Saturdays, 11.30am
Mission Grove School, Mission Grove Road, E17 7EJ
Learn French in a fun and relaxed environment. Includes games, dance and cooking. Suitable for children aged four to six years. A 30 minute class, taught by a native French-speaking tutor. £58.50 for a nine week course. **To book a place, phone 07568 157 028 or email rachelbettelley@hotmail.com.**

Piano for Children

Saturdays, 10.30am–12.45pm
Mission Grove School, Mission Grove Road, E17 7EJ
Introduction to piano and music theory and singing group classes with four children in a half hour class taught in relaxed and fun environment. £67.50 for nine week course. **To book a place, phone 07568 157 028 or email rachelbettelley@hotmail.com.**

Little Musical Adventures

Every Friday, 10.20am
Mothers Hub, 133 Wood Street, E17 3LX
Instruments, storytelling, exciting music, sensory props, with coffee and cake included! £5 per child and £3 for siblings and babies under 6 months. **For more information, visit www.littlemusicaladventures.co.uk**

Street Dance

Mondays, 5–6pm
Wadham Lodge Sports Ground, Kitchener Road, E17 4JP
Forward Identity are currently holding street and commercial dance classes, for children aged four to 14. An amazing environment for children to have fun, learn to dance and make new friends. Classes are pay as you go, £5 per session. **For more information, or to book a place, phone 07548 645 679 or email forwardidentity@gmail.com.**

Kathak Kids – Indian Dance

Wednesdays, 4.15-5pm
Vestry House Museum, Vestry Road, E17 9NH
This class combines storytelling with classical Indian dance movement, combining structure and discipline with

an accent on fun. Traditional ankle bells enhance rhythmic play and expressiveness. Our fantastic tutors are well trained and teach widely in London and internationally. £60 for eight classes or £9 on the door. **For more information, email info@khyalarts.org.uk or visit www.khyalarts.org.uk.**

Beatbox Fusion Youth Music Project

Wednesdays, 5.15–6.30pm
The Soul Project, 245 Wood Street, E17 3NT
Are you aged 11 to 18 years? Do you enjoy beatboxing, drumming or singing? Want to create music, gain an arts award, and perform at an exciting venue? Don’t miss out! Join this free youth project, funded by Youth Music Fund. **For more information, email info@khyalarts.org.uk or visit www.khyalarts.org.uk.**

Acting Bugs

Monday 1.50–3.30pm
St John’s Church Hall, Church Lane, E11 1HH
Fridays, 9.15am–12noon
The Peterhouse Centre, 122 Forest Rise, E17 3PW
Acting Bugs and Diddy Bugs are interactive drama groups for preschool children led by local TV actress and mum, Sam Seager, introducing preschool children to the world of drama in a fun and playful way. The sessions will get your little ones imagination buzzing, help develop focus and build confidence in a friendly and safe environment. Parents stay with their children through the session. Numbers strictly limited, so please email to book your free taster session. **For more information, email info@actingbugs.co.uk or visit www.actingbugs.co.uk.**

kayDEENA

Mondays, 10–11.30am
Leytonstone Muslim Community Centre, 2a Carlton Road, E11 3AQ
Mother and child playgroup. The fun way for all to learn about Islam. All faiths

welcome. Includes story time, rhymes, crafts, play, snacks, tea/coffee, bubbles, stickers. January offer; £4 for first child, £3 for second child and third child free. Come along to the playgroup with a twist. Guaranteed to be a warm and friendly environment. **For more information, phone Shahana on 07903 718 741 or email shahanakhanom87@hotmail.com.**

Community Ward Forums

Chingford and Endlebury ward

Monday 18 January, 7.30–9.30pm
Chingford Assembly Hall, Station Road, E4 7EN

Cann Hall ward

Tuesday 19 January, 7.30–9pm
Cann Hall Methodist Church, 296 Cann Hall Road, E11 3NL

High Street ward

Tuesday 26 January, 7–9pm
The Limes Community and Children’s Centre, 6 Somers Road, E17 6RX

Council Meetings

Tuesday 12 January

Social Care Scrutiny Committee

Thursday 14 January

Community Safety Scrutiny Committee, 7pm

Wednesday 20 January

Growth Scrutiny Committee

All meetings are held at Waltham Forest Town Hall and start at 7.30pm, unless stated otherwise. Dates and times are subject to change.

Tell us what’s on

Email your event details to:

walthamforestnews@walthamforest.gov.uk

The deadline for Monday 8 February edition is **Friday 22 January**

Please note inclusion cannot be guaranteed, due to the high volume of requests received.

Please send your listing in the body of an email, formatted as shown on these pages.

To increase your chance of inclusion, please keep to a maximum of 80 words.

YES you can

Recycle from your flat

Did you know that 70% of household waste is recyclable?

If you live in a flat, you can recycle too. We collect tins, cans, mixed plastics, mixed glass, paper, card, cartons, plastic bags and more.

Recycling bins are located near flat entrances or refuse bins.

Collect
recyclables
in your
green bag.



When your
bag is full,
empty it into
the mixed
recycling
bin.



Mixed plastics ✓



Mixed glass ✓



Paper and card ✓



Tins, cans and trays ✓



Plastic bags ✓



Cartons ✓

To find out when your recycling collection day is visit www.walthamforest.gov.uk/recycling

To order your replacement reusable recycling bag phone 020 8496 3000



You can also follow us @WFCouncil #WFYesYouCan

www.facebook.com/walthamforestcouncil to find out more on recycling



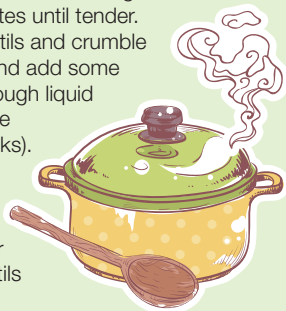
HEARTY LENTIL RAGU

This lentil ragu is cheap, healthy and handy for using up leftover veg. It can be frozen for up to three months or refrigerated for up to three days. Tasty with pasta or a jacket potato plus grated cheese on top! Serves 4–6 people.

- 1 large carrot, finely chopped
- 1 large stick celery, finely chopped
- 1 small onion, chopped
- 2 cloves garlic, crushed/chopped
- 1 tin chopped tomatoes
- 200g red lentils
- 1 vegetable OXO cube
- Generous shake dried mixed herbs
- 2 bay leaves (optional)
- 1 Tbsp tomato puree

Fry the carrot, celery and onion in some oil together with the garlic, for about 8 minutes until tender. Add the chopped tomatoes, lentils and crumble over the stock cube. Stir well, and add some hot water so the lentils have enough liquid to cook in, but not too much (the liquid will reduce down as it cooks). Add the dried herbs, bay leaves (if using) and tomato puree and stir well again. Simmer on a moderate heat, stirring often, for around 20 minutes, until the lentils are cooked. Eat!

For more quick, easy and pocket-friendly recipes, visit www.katielovescooking.com.



SECOND TIME AROUND

a NIFTY PLACE FOR BARGAIN BUYS

Don't miss out on limited January offers

The reuse shop for savvy shoppers selling a wide range of pre-loved items from furniture to crockery

Find us at Kings Road
Reuse and Recycling Centre,
48 Kings Road, Chingford E4 7HR

Open Wednesday – Saturday

9am – 4.30pm

Telephone: 020 8524 2567



For more information visit
wiseuptowaste.org.uk/secondtimearound

@WiseUpToWaste

WiseUpToWaste

LondonWaste Ltd



Walthamstow



Walthamstow resident, Hannah Schmidt, has a startup business unit at Blackhorse Workshop. Photo by Igor Emmerich

Blackhorse Workshop

- Blackhorse Workshop marks its second anniversary this February
- Facility shortlisted for 'Best Community-Led Project' in the London Planning Awards

A community-led space dedicated to making and mending has gone from strength to strength since it opened almost two years ago, with hundreds of local people making use of its fantastic facilities every month.

Blackhorse Workshop (1-2 Sutherland Road Path, E17 6BX) opened its doors to residents on 22 January 2014. Commissioned by Waltham Forest Council and co-funded by Create London, the GLA Outer London Fund, Legacy Trust UK and Arts Council England, it provides open access to a fully-equipped wood and metal workshop seven days a week, 9.30am to 5.30pm.

Assemble – the London-based architecture collective who won the 2015 Turner Prize for The Granby Workshop project in Liverpool – helped to plan, design and fit out the workshop. The group is now hard at work constructing a new building for the workshop yard.

The Workshop is kitted out with a wide range of professional and standard tools giving residents the opportunity to try everything from

welding to wood-turning. Weekly, monthly or yearly membership rates are available to give flexible access. Practical advice and induction training is available from the workshop's in-house technicians.

Blackhorse Workshop also offers a number of courses, such as woodwork basics, DIY basics, welding and table making. You can even sign up for a Cigar Box Guitar Workshop on Saturday 16 January.

Harriet Warden, Creative Director of Blackhorse Workshop, told Waltham Forest News: "Since Blackhorse Workshop opened we have seen hundreds of local people taking part in our training courses, popping into the café bar for a drink and using the workshop for a wide range of projects. It's been amazing how well-received it has been, which shows how much the facility was needed in the borough."

"But the big news at the moment is that we will have a brand new building in the yard in time for summer."

The building will house a new café and events space and additional workshop benches, so even more people can make use of the

workshop. Harriet explained: "We've always wanted to hold education projects, as we realise that some schools have very limited workshop facilities."

"Once the space is up and running we hope to work with schools and community groups to offer sessions for younger residents. We are also keen to start a Saturday morning kids' programme. There has been a real appetite from parents to get their children involved in creating and making, and whenever children come along to one of our monthly makers' and street food markets they're always fascinated by what's going on in the workshop."

And there's yet more reason to celebrate, with the news that Blackhorse Workshop has been shortlisted in the London Planning Awards for Best Community-Led Project.

Harriet said: "We're very proud to have been shortlisted in the Mayor of London's London Planning Awards, which take place in February. The awards are known as the 'Oscars of the Planning World', and having reached a shortlist of two from the 32 boroughs of London, it's thanks

to the community and everyone around us who have helped make it such a great space."

Harriet added: "The workshop is a place for working and learning, for everyone from hobbyists through to sole traders and small businesses. If anyone is interested in making, but doesn't know where to start, I'd encourage them to come along to our second birthday celebration, which takes place on Saturday 27 February."

"You can come along, meet our technicians and some of the people who are based at the workshop, and get a feel for the facilities."

So whether you're a professional carpenter who needs space to work on a large piece, or a resident looking for somewhere to complete a DIY project, why not see what's on offer?

More info

For more information, visit www.blackhorseworkshop.co.uk. Further information on Assemble can be found at www.assemblestudio.co.uk.

In brief

Bereavement Support Group

Residents who have suffered bereavement are being encouraged to attend a support group which meets on the second and fourth Tuesday of every month. The meetings take place at Blackhorse Road Baptist Church (63 Blackhorse Road, E17 7AS) between 2pm and 3pm. The group is aimed at those who have lost a special person and want to meet others who may understand how they feel. There is no need to book a place, just drop in.

• For more information phone Diane Crow on 020 8556 0356 or email diane.crow@btinternet.com.

Dyslexia Association

Adults with dyslexia are being encouraged to attend a meeting of the Waltham Forest Dyslexia Association on Tuesday 26 January. The meeting takes place from 6.30 to 8.30pm at The Quaker Meeting House (1a Jewel Road, E17 4QU). If you have dyslexia, or are interested to know more about dyslexia, why not drop into the friendly, free meeting. You can get practical information, take away factsheets and meet other people to talk about how they cope with dyslexia. The group meets on the last Tuesday of every month.

• For more information and advice, visit www.wfda.org.uk. Free internet access is available at Waltham Forest Libraries.

Eat or Heat foodbank

Residents are being encouraged to donate a tin of food to the Eat or Heat foodbank on the last Friday of every month, and help provide emergency support to people living in their community. It's easy to donate as there are more than a dozen 'Donation Stations' set up across E17 including at The Rose and Crown (55 Hoe Street, E17 4SA); Significant Seams (131 Wood Street, E17 3LX) and The Mill (7-11 Coppermill Lane, E17 7HA). If you can't get there on a Friday, feel free to drop in a tin of food or dried goods such as rice or pasta over the weekend. A full list of where you can donate food, as well as a suggested 'shopping list', is available on the charity's website. Eat or Heat is also appealing for more volunteers to help them collect donated food.

• For more information, visit www.eatorheat.org.

In brief



Commonwealth Games bronze medalist, and Waltham Forest resident, Bianca Williams received funding as a youngster

Sports grants

Applications are open for talented young sports people from Waltham Forest to apply for a share of a £1million UK funding pot. The majority of the money will be allocated to young athletes, with 60 per cent going to under 21s. The funding is thanks to the GLL Sport Foundation (GSF), the largest independent athlete support programme in the UK, operated by charitable social enterprise, GLL. The programme works in partnership with sport national governing bodies through national charity, SportsAid. The idea is to support the next generation of sporting talent, with athletes able to apply for up to £1,250. In 2015, GSF supported 54 athletes from Waltham Forest. Residents have until Saturday 20 February to apply. To be eligible for a grant you must live in or be in education in a borough where GLL or its partners operate; or be affiliated to a sports club that has a training base at a GLL or partner-operated sport and leisure venue.

• For more information, visit www.gllsportfoundation.org.

London Sport Awards

Waltham Forest-based sports clubs and coaches are celebrating after being nominated for a 2015 London Sport Award. Jeff Clarke from County Amateur Boxing Club, Leyton, has been nominated for the Coach of the Year award, while Our Parks – which began life in Waltham Forest – has been nominated for both the Making It Easier Award and The Resources Award. There was also an honourable mention for Waltham Forest Hockey Club in the Club of the Year Award, but unfortunately they did not make the final shortlist. The ceremony will take place at Lord's Cricket Ground, on Thursday 21 January. The winners will be chosen by a panel that includes former Olympic rower Sarah Winckless MBE and broadcaster David Garrido. Both Jeff Clarke and Our Parks won awards at the Waltham Forest Sports Awards, held in November 2015.

• For more information, visit www.londonsport.org.

Enjoy a happy and active 2016

- Council supporting sport and exercise activities for all ages
- Waltham Forest Leisure Centre due to open this autumn



Our Parks members took part in a borough-wide fitness event last year

You won't have to look far if you want to start 2016 by losing a few pounds, trying a new sport or physical activity, or simply becoming a little bit more active.

That's because Waltham Forest is home to a wide variety of exercise and sporting opportunities for all ages and abilities – many of which are either free or low cost.

Knowing how important it is to be active from an early age, the Council organises and supports a range of activities for children and young people, including free swimming for under 18s – an offer that's also available to residents over 60, serving and former members of the Armed Forces and those with a disability.

Last month, Minister for Sport, Tracey Crouch, paid a visit to Leyton Youth Club, in Crawley Road (E10 6PY), to meet young people involved with the Barry McGuigan Boxing Academy (BMBA) programme, which the Council supports.

The Government used the visit to announce a new strategy, which will see Sport England's remit changed

from investing in sport for those aged 14 and over to supporting people from five years old right through to pensioners.

The BMBA launched its first programme in Waltham Forest in 2013, and McGuigan said he is "delighted that the programmes have flourished here".

But don't worry if boxing isn't your thing. If you're aged 16-25, live in Waltham Forest and exercise less than twice a week, we can help you to get back in shape. 'Better 16-25' is a joint initiative between London Sport, Better and the Council, which is formed of two stages – the first of which includes free activities at your local Better leisure centre. The project is designed to encourage people to lead a more active lifestyle on a regular basis.

No matter what age you are, you can always try out the free and hugely popular Our Parks initiative, which sees men and women of all abilities taking part in group fitness activities in open spaces across the borough – as well as a few indoor venues if temperatures are a bit too low for your tastes.

Taking place in 15 different

locations throughout the winter, with funding from the Council, you can sign up for free and enjoy bootcamps, cardio tennis sessions, buggy exercise workouts, and yoga classes – to name but a few.

Alternatively, you can take part in social sport sessions – a recent addition to the programme designed to bring communities together over games of volleyball, netball, football, rugby, basketball and rounders.

Kizzie Payne, a Leyton resident and keen 'Parker' (second from left in group photo above), said: "For me, Our Parks has been a real life-changer. The classes are so varied, inclusive and rewarding. There is something on offer for everyone to enjoy and benefit from.

"The coaches are fantastic and truly motivational. Fitness should be enjoyable and Our Parks certainly makes it that. I am so much fitter, stronger, healthier and energised thanks to this wonderful scheme. Our Parks is fun, free and fit-fabulous!"

One of this year's big leisure landmark events promises to be the autumn 2016 opening of

Waltham Forest Leisure Centre. The modern, two-storey building, which has a footprint measuring 5,500m², will be the borough's premier state-of-the-art sport, health and fitness facility – and one of the largest leisure centres in the capital.

The centre's creation is part of the Council's multi-million pound leisure centre investment programme, which has already delivered newly-refurbished centres in Chingford, Leyton, Leytonstone and Walthamstow.

Cllr Ahsan Khan, Waltham Forest Council's Cabinet Member for Health and Wellbeing, told Waltham Forest News: "We're continuing to invest in sports and leisure opportunities, and we hope the many different facilities on offer will draw in people of all ages and of all levels of fitness – providing a perfect environment for them to get active, healthy and happy."

More info

For more information on sports clubs and leisure facilities in Waltham Forest visit www.walthamforest.gov.uk/sports-facilities.

Snapshots of times gone by

- Photo archive documenting Waltham Forest's history is published online
- Residents invited to discover what's on at Vestry House Museum

Residents can now take a step back in time from the comfort of their own home by accessing a unique online photo archive documenting the history of Waltham Forest.

The borough's archive, which is looked after by the Council-run Vestry House Museum (Vestry Road, E17 9NH), goes back to the 1840s and covers Chingford, Leyton, Leytonstone and Walthamstow.

While the vast majority of the 80,000 historic photographs in the collection remain in the Walthamstow-based museum, steps are being taken to publish the entire archive online – and there are already hundreds available to view, and to order as high quality prints.

More than 500 historic images of the borough's streets and buildings, including landmark churches, shops and pubs, as well as portraits of local personalities and community celebrations, are accessible. The images can be searched by date, area or theme and purchased as high quality giclée (inkjet) prints in a variety of sizes. All proceeds from print sales will support Vestry House Museum's programme of exhibitions, events and educational projects.

The ultimate goal is to publish all of the archive's photos online, but in the meantime residents can arrange to see hard copy photos by appointment.

David Boote, Chairman of Leyton and Leytonstone Historical Society, told Waltham Forest News: "Some of the most striking photographs have been made available on the web, but that is just a tiny part of the treasures in the photo archive. It is unique.

"It would be a rare publication about Walthamstow, Highams Park, Leyton or Leytonstone which was not illustrated with an item from the archive. Photos back to 1900 and earlier can have a startling freshness and we jump back generations.

"You could spend a lifetime exploring the contents of the archive, finding new faces and new places. Whatever the topic for local history research, including the history of a house or an open space, the archive is the first place to visit."

Council Leader, Chris Robbins, added: "We're very lucky to have this incredible archive here in Waltham Forest and I'm delighted it will now reach a wider audience.

"Furthermore, because every online print purchase supports

Vestry House Museum, it will help us preserve the borough's heritage for future generations."

The free-to-enter Vestry House Museum presents the history of Waltham Forest. Situated in Walthamstow Village, the building used to house the parish workhouse, and was later a police station and private home. It is open Wednesday to Sunday, 10am to 5pm.

For those interested in photography, Vestry House Museum will be hosting a new, free exhibition from Saturday 13 February entitled Local Life through a Lens – Victorian and Edwardian photographs by Alfred Wire (1839-1914).

Wire, a Leytonstone resident, started taking photographs in the early 1860s, long before photography became an accessible hobby. He captured local life – children's games in the school yard, the street life of Leytonstone, the fair at Wanstead flats, Epping Forest, Southend-on-Sea and much more.

Local Life through a Lens will include many previously unseen photographs, shedding new light on the local area in the years leading up to the First World War. The exhibition is supported by Images in Frames (59 Wood Street, E17 3JX).



Church Lane, Leytonstone



The opening of Whipps Cross Pool, 1932

More info

The online photo archive can be accessed at <http://boroughphotos.org/walthamforest> and prints start at £8.75. For more information, visit www.walthamforest.gov.uk/vestry-house.

In brief

Pension Wise

Residents aged 50 and over can get free, independent and impartial pension advice at Waltham Forest Citizens Advice Bureau (CAB) (220 Hoe Street, E17 3AY). Waltham Forest CAB has four fully-trained Pension Wise Guidance Specialists who provide information to help residents make an informed decision about their pension. Appointments last about 45 minutes. They cover topics such as how you can shop around to get the best deal and avoid scams, what you can do with your

pension pot(s) and the different options available to you, and other things you need to consider, including tax and benefits. Service users will also receive further information to help them make the right choices. The Pension Wise service is particularly relevant to people with a 'defined contribution' pension – also known as 'money purchase schemes'.

• **For more information, visit** www.citizensadvice.org.uk.

Cultural Commissions

Two local arts groups have had a good start to 2016, after the Council awarded them commissions to run projects in Leytonstone, Leyton and Chingford. Wood Street Walls secured a Neighbourhood Cultural Commission to work with artists in Chingford to develop a programme of activities for the whole community. This will include art workshops, resident-led murals and cross-arts 'paint jam' sessions. Two further commissions were awarded to

Studio3Arts to carry out similar work in Leyton and Leytonstone. The group will be conducting an initiative to find 'hidden artists' in both areas, asking who is an artist and what makes someone an artist. There will be lots of community activities as well as creative training and skills development. Each commission runs for two years and is worth £10,000 per year.

• **For more information, visit** www.walthamforest.gov.uk/arts.



Wood Street Walls will run arts events in Chingford

Enrolling now!

To enrol, phone or visit any of our main centres

Centre addresses

Queens Road Learning Centre

97 Queens Road, Walthamstow E17 8QR
Tel: 020 8496 2974

Leytonstone Learning Link

23–25 North Birkbeck Road, Leytonstone E11 4JF
Tel: 020 8496 1061

**10%
discount
offer**

For details of the discount offer
please visit our website or
contact any of our centres.

Got a job?

Grab your employer's attention with a new qualification

The best way to get recognised by an employer is to show off new skills you can bring to their business. We offer you the chance to discover new ways of

doing your job. If you want to get a pay rise, change jobs or be recognised formally for what you are currently doing, we are the best place to start.

FREE Job Clubs

Want to get back to work? Our FREE Job Clubs will help you identify your skills and make an action plan to help you get the job you want. Sessions run throughout the year apart from during public holidays.

You will:

- Learn to use the Universal Jobmatch website
- Write or update your CV
- Complete accurate application forms
- Write an effective covering letter
- Prepare for a confident interview
- Develop your presentation skills

- Search for suitable vacancies
- Create an email account

You can just turn up at one of the sessions, or book at Queens Road Learning Centre or Leyton Neighbourhood Learning Centre. We also run FREE short job skills courses starting throughout the year. Contact any of our centres or email us for more information.

Leyton Neighbourhood Learning Centre

Wednesday, 1pm – 4pm (LNM7373-3S2)

Queens Road Learning Centre

Friday, 9.30am – 12.30pm (QRM7374-5S2)

FREE Jobskills Workshops

While the FREE Job Clubs are drop-in sessions, the FREE Jobskills Workshops are for those who want more intensive help with their employability skills. We can also link you up with local employment opportunities. It covers CV writing, applications, job searching, confidence and interview skills and is run over five consecutive weeks. Please contact us to book a place.

Course code	Day	Date	Times	Weeks	Venue
QRM7033-2SA	Tuesday	12/01/2016	9.30am – 3pm	5	QR
QRM7038-5SA	Friday	22/01/2016	1.30pm – 4pm	8	QR
QRM7034-2SA	Tuesday	23/02/2016	9.30am – 3pm	5	QR

aat

Approved

NEW for 2016 AAT Accounting and Book-keeping courses

New Year – New Career!

Why not improve your career prospects by enrolling on one of our accounting courses. Whether you're looking for your first role, changing career or chasing that promotion, an AAT qualification on your CV demonstrates to employers that you have the practical, real-world skills they need. The following courses are available:

- AAT Level 1 award in Accounting (Access)
- AAT Computerised Accounts (Sage) level 1 award
- AAT Book-keeping level 1 award
- AAT Book-keeping level 2 certificate
- AAT Certificate in Accounting level 2

To join a course, please come to one of our assessment and enrolment sessions on Friday afternoons between 1pm and 2pm at Queens Road Learning Centre on the following dates:

22/01/2016	05/02/2016
04/03/2016	18/03/2016
15/04/2016	29/04/2016

Please bring along a current photo ID.

Want to know more about any of our courses?

Come along to one of our information and assessment sessions and speak to our knowledgeable and friendly team about all of our courses and how they can help you achieve your ambitions. This is an opportunity for you to be assessed and interviewed for enrolment on to our courses if this is needed.

Queens Road Learning Centre

Tuesday 12 January 2016, 10am – 3pm
Thursday 14 January 2016, 5pm – 8pm

Tuesday 12 April 2016, 10am – 2pm
Wednesday 13 April 2016, 6pm – 8.30pm

Leyton Neighbourhood Learning Centre

Saturday 16 January 2016, 10am – 2pm

You do not need to book, you can just turn up on the day.

These information sessions are not for English, maths or ESOL courses.

Please contact any of our main centres for an appointment for these courses.

A 10% discount is available for most courses, when you attend one of our information and assessment sessions at which you book in person and pay in full. Visit our website for more information.

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Email: adult.learning@walthamforest.gov.uk

www.facebook.com/lbwfadultlearning

www.lbwfadultlearning.co.uk



Waltham Forest

Highways

LONDON BOROUGH OF REDBRIDGE AND WALTHAM FOREST

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1) and (5)

THE WALTHAM FOREST AND REDBRIDGE (MILL LANE IG8) (TEMPORARY TRAFFIC MEASURES) (NO. 1) ORDER 2016 (TT89(15))

1. The Council of the London Borough of Waltham Forest, with the agreement of the Council of the London Borough of Redbridge, HEREBY GIVES NOTICE that on **8th January 2016** it made an Order to enable UKPN electrical supply works to be carried out in **Mill Lane IG8**.

2. The general effect of the Order will be, only at such times and to such extent as shall be indicated by the display of regulatory traffic signs, to prohibit vehicles from entering, proceeding, waiting or loading for any purpose at any time in **Mill Lane IG8** between its junction with Chingford Lane and a point 30 metres east of that said junction.

3. Whilst the prohibitions referred to in paragraph 2 above remain in force, alternative routes for traffic would be available via Chingford Lane, High Road Woodford Green, Elm Grove and High Elms as directed by traffic signs.

4. Vehicles waiting or loading in disregard of the Order would be removed.

5. The restrictions mentioned above would not apply in relation to any vehicle being used:

- in connection with the said works; or
 - for ambulance, fire brigade or police purposes in an emergency, if the works allow.
6. The Order will come into operation on **18th January 2016** for a period of 4 weeks or until the said works are completed, whichever is the sooner.

**Note: The duration of the works is intended to take 2 weeks. However, the period of the Order has been extended to 4 weeks in case of adverse weather or other constraints delaying completion of the works.*

Dated 11th January 2016

Mr K Valavan, Head of Highways and Infrastructure, Neighbourhoods and Commissioning, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)

THE WALTHAM FOREST (YARDLEY LANE E4 THAMES WATER WORKS) (TEMPORARY PROHIBITION OF TRAFFIC AND RESTRICTION ON WAITING AND LOADING) (NO. 1) ORDER 2016

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that on 8th January 2016 it made an Order to enable Thames Water to carry out water supply maintenance works in a safe and efficient manner in **Yardley Lane E4** (ref. TT90 – 2015).

2. The general effect of the Order would be, only at such times and to such extent as regulatory signs are displayed, to prohibit vehicles (except works vehicles) from:

- entering, proceeding, waiting or loading

for any purpose, at any time in **Yardley Lane E4** – from its junction with Sewardstone Road E4 eastwards for a distance of 40 metres; or

- waiting or loading for any purpose, at any time in:

- Boardman Avenue E4** – between its junctions with Yardley Lane and Deerleap Grove;

- Deerleap Grove E4** – between its junctions with Boardman Avenue and Sewardstone Gardens; and

- Sewardstone Gardens E4** – between its junctions with Deerleap Grove and a point opposite the south-eastern wall of Nos. 42 and 44 Sewardstone Gardens.

3. Whilst the prohibitions referred to in paragraph 2 above remain in force, alternative routes for traffic would be indicated by traffic signs.

4. Vehicles waiting or loading in disregard of this Order would be removed.

5. The restrictions mentioned above would not apply in relation to any vehicle being used:

- in connection with the said works; or
 - for ambulance, fire brigade or police purposes in an emergency, if the works allow.
6. The Order will come into operation on **Monday 11th January 2016** and would be valid for a maximum period of 3 months or until the works are completed, whichever is the sooner.

Note: Leaflets would be distributed and signage placed in advance of any works in the above mentioned roads which would give more specific details on the exact dates of the prohibitions, effects of any temporary traffic management and diversion routes as necessary. Parking may not be banned along the whole length of the roads mentioned in paragraph 2(b) above but in precise locations to be determined with TfL Buses.

Dated 11th January 2016

Mr K Valavan, Head of Highways and Infrastructure, Neighbourhoods and Commissioning, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST

WALTHAMSTOW CYCLE AND PEDESTRIAN LINKS – QUIETWAY PROPOSED INTRODUCTION AND REVISION OF EXISTING TRAFFIC CALMING MEASURES PROPOSED INTRODUCTION AND FORMAL NOTIFICATION OF RAISED CYCLE AND PEDESTRIAN CROSSINGS

PROVISION AND FORMAL NOTIFICATION OF SEGREGATED CYCLE TRACKS ON FOOTWAY PALMERSTON ROAD SOUTH GROVE, SELBORNE ROAD, GOSPORT ROAD AND WILLOW WALK (all E17) (T1(16))

1. NOTICE IS HEREBY GIVEN that the London Borough of Waltham Forest (hereinafter termed “The Council”) under section 23 of the Road Traffic Regulation Act 1984, sections 90A and 90C of the Highways Act 1980 and the Highways (Road Humps) Regulations 1999 proposes to:-

- Introduce a new raised “zebra” pedestrian and “cycle” crossing in **South Grove E17** so that the centre of the crossing is situated approximately 13 metres north of the northern kerb-line of Gosport Road. Associated zig-zag markings, on which vehicles would be prohibited from stopping at

all times, will be placed on the carriageway either side of the crossing (extending up to approximately 17 metres northwards and southwards);

- Introduce a new raised table:

- at the interconnecting junctions of Willow Walk, South Grove and Selborne Road – commencing:

- in **South Grove** – adjacent the common boundary of Nos. 11 to 18 and 19 to 30 Henley Lodge;
- in **Willow Walk** – adjacent Nos. 5 to 10 Henley Lodge; and
- in **Selborne Road** – approximately 13 metres east of the western edge of the tactile paving situated in Selborne Road at its junction with Willow Walk; and

- In **Gosport Road E17** – from its junction with South Grove eastwards for approximately 13 metres;
- at the interconnecting junctions of Palmerston Road, Osborne Grove and Mission Grove – commencing:

- In **Palmerston Road** – adjacent No.16 Palmerston Road southwards for approximately 33 metres;
- in **Mission Grove** – from its junction with Palmerston Road westwards for approximately 9 metres;
- in **Osborne Grove** – from its junction with Palmerston Road eastwards for approximately 9 metres.

- Introduce a new raised “zebra” pedestrian and “cycle” crossing in **Selborne Road E17** so that the centre of the crossing is situated approximately 13 metres east of the eastern kerb-line of the Mall car park exit. Associated zig-zag markings, on which vehicles would be prohibited from stopping at all times, will be placed on the carriageway either side of the crossing (extending up to approximately 17 metres eastwards and westwards).

- Introduce a new raised “zebra” pedestrian and “cycle” crossing in **Selborne Road E17** so that the centre of the crossing is situated approximately 9 metres east of the eastern kerb-line of the Mall car park entrance. Associated zig-zag markings, on which vehicles would be prohibited from stopping at all times, will be placed on the carriageway either side of the crossing (extending up to approximately 17 metres eastwards and westwards).

- Introduce a new raised “zebra” pedestrian and “cycle” crossing in **Palmerston Road E17** so that the centre of the crossing is situated approximately 11 metres north of the northern kerb-line of Mission Grove. Associated zig-zag markings, on which vehicles would be prohibited from stopping at all times, will be placed on the carriageway either side of the crossing (extending up to approximately 19 metres northwards and southwards).

The raised tables would be elevated sections of carriageway between 75 and 100 millimetres higher at its highest point than the surrounding carriageway, extending across the full width of the carriageway and each commencing adjacent points (including the gradients) mentioned in paragraph 1(b) above. The gradients would measure between 1.5 and 3 metres in length. The elevated section of the pedestrian and cycle crossing mentioned in 1(a) above will extend across the full width of the carriageway with ramps measuring between 1.5 metres and 3 metres in length and a plateau of between 11 and 12 metres in

length.

Note: 1(c) and (d) above and the Selborne Road cycle track mentioned in the Schedule of this notice are formal ‘as-built’ notifications. If you have any queries please send a statement in writing of both your objection and the grounds thereof to the address mentioned and within the period given in paragraph 4 below.

2. **FURTHER NOTICE IS GIVEN** that the Council, in accordance with Sections 65(1) and 66(4) of the Highways Act 1980, proposes to convert certain lengths of footway into Shared-use – for use by pedestrians and cyclists using the same space, Segregated Footway / Cycleway – for use by pedestrian and cyclists on separate tracks and Cycleway – for use by cyclists only the locations of which are mentioned in the Schedule below. The cycle tracks are proposed to aid cyclists to link with existing and new cycle links and networks along key routes, and to avoid fast moving traffic on the carriageways.

3. Plans of the measures can be inspected during normal office hours on Mondays to Fridays inclusive until a period of 21 days from the date on which this Notice is published, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) The Reception Desk, The London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS.

4. Any person desiring to object to the proposals or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS quoting reference **T1(16) – WALTHAMSTOW CYCLE AND PEDESTRIAN LINKS – QUIETWAY SOUTH GROVE** by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made. For more information please telephone 020 8496 3000, quoting reference Traffic Orders T1(16).

Dated 11th January 2016

Mr. K. Valavan, Head of Highways and Infrastructure, Neighbourhoods and Commissioning, Low Hall, Argall Avenue, London, E10 7AS.

Schedule

Palmerston Road E17/Willow Walk E17 east and west sides – from the northern kerb-line of Osborne Grove continuing in a southward direction to a point adjacent Nos. 5 and 10 Henley Lodge, Willow Walk E17.

South Grove – Segregated Footway/ Cycleway

south-east side – from a point 12 metres north of the northern kerb-line on Gosport Road to its junction with Markhouse Road. north-west side – from a point 19 metres south of the southern kerb-line of Gosport

Road to its junction with Cranbrook Mews.

South Grove & Gosport Road E17 – Shared use – pedestrians and cycles

Paths that link from Selborne Road south side crossing at its junction with Willow Walk through park area to a path that links into the proposed raised zebra mentioned for South Grove and into a path that exits in Gosport Road.

South Grove E17 – Cycle Track

east Side – From a point 12 metres north of the northern kerb-line on Gosport Road to its junction with Selborne Road / Willow Walk.

Selborne Road E17 – Cycle Track

south Side – From its junction with Willow Walk/South Grove to the western entrance to town square gardens.

Planning

London Borough of Waltham Forest Notice of Application for Planning Permission

Town and Country Planning (General Development Procedure) (England) Order 2010 – Notice under Article 13

Notice is Hereby Given that the following application for planning permission has been made to the Council for which additional publicity is required.

APPL. NO 153749

APPLICANT Galliford Try

ADDRESS Selwyn Primary School, 102 Cavendish Road, Chingford, London, E4 9NG

PROPOSAL Demolition of existing buildings and construction of a two storey building to provide a new primary school. Provision of outdoor play facilities, access works, car parking and landscaping. The application is available to view on the following website:

http://planning.walthamforest.gov.uk

Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, are open to the public.

Dated this day 25th January 2016

David Scourfield, Head of Development Management and Building Control London Borough of Waltham Forest

Waltham Forest News advertising

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- Build their confidence
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NEW Stay2Play sessions available, for eligible 2 year olds only, where parents can stay with their child whilst they enjoy their free play session!



For more information, visit www.walthamforest.gov.uk/freechildcare, call **020 8496 3566** or email education@walthamforest.gov.uk



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We want to know what makes everybody feel like they belong.



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TEN REASONS TO FOSTER WITH WALTHAM FOREST COUNCIL

We believe we have one of the best packages for foster carers in the UK. Alongside giving back to your community and making a real difference to a child's life, here are ten great reasons to foster with Waltham Forest;

1. You will receive up to £455 per week which includes your professional fee and an allowance for the child
2. Up to 60 per cent off your Council Tax bills
3. Discounted membership at any of the Waltham Forest's six leisure centres
4. Rewards – access to a lifestyle hub. This provides a variety of discounts from major brand retailers, including money off cinema tickets and concessions at major attractions, venues and places of interest
5. Outstanding preparation and on-going training
6. 24/7 dedicated social worker support
7. Membership of a support group offering friendship and learning
8. Equipment for a child in your home. For example, a bed or a pram.
9. Access to Fosternet – your very own web portal giving you access to information and training to help with your role
10. Free membership with the Fostering Network – a national body for foster carers

Visit www.fosteringwalthamforest.co.uk for more information and to register your interest or call us on 020 8496 3000.

KATHLEEN'S STORY

"I have been fostering for a year. I have cared for two children; a teenage girl who has now moved on to semi independence and an eight year old boy who is currently living with me.

"I had thought that I may be too old to foster at 54 as the foster parents that I know are much younger than me. It was good to see at the information session that I was not 'past it,' and that I met the basic criteria such as having a spare room. After the information session I applied to become a foster carer and a social worker visited my home where we spoke in more detail about the process.

"All children have potential and playing a part in developing and releasing their full potential can be very rewarding. I am thankful for any improvement they make and give praise frequently. I am constantly rewarded when I see the young person developing increased confidence and happiness.

"For me the benefits of fostering for Waltham Forest are having a fostering team within my local area, who provide excellent training at local venues, and also support me tremendously in my role as a foster carer.

"Fostering can give you a real sense of accomplishment and enables you to make a difference in a child's life."

CASE STUDY



"MY CARER COOKS ME REALLY NICE MEALS AND TREATS ME LIKE PART OF THE FAMILY. SHE IS NICE AND CARING."

SIMON, AGED 13

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BE THE ONE

FOSTER

Become a WALTHAM FOREST carer

INFORMATION SESSIONS

Meet the Waltham Forest foster team and have all your questions answered at one of our information sessions:

Waltham Forest Town Hall, Forest Road, Walthamstow
E17 4JF. Arrival at 6.15pm, presentation at 6.30pm.

Dates:

Thursday 14 January 2016

Thursday 21 January 2016

Thursday 25 February 2016

Visit www.fosteringwalthamforest.co.uk for more dates and information



“MY MESSAGE IS, DON'T LOOK ON FOSTERING AS A CHORE OR A JOB, LOOK ON IT AS YOU'VE GOT A NEW PERSON BY YOUR SIDE, A NEW FAMILY MEMBER AND SOMEONE THAT YOU WILL SEE GROW UP TO BE A STRONG INDEPENDENT PERSON. SO JUST TAKE CARE OF THE PERSON HOW YOU WOULD TAKE CARE OF YOUR OWN KIDS REALLY.”

MO, A CARE LEAVER, AGED 20



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